

The Southern COACH & ATHLETE

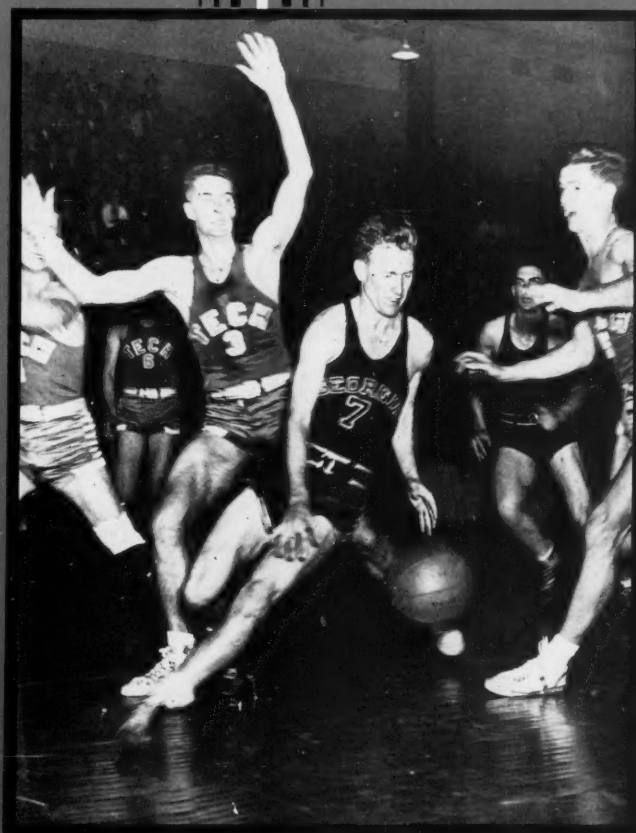
Volume 11

A Magazine for Coaches, Players, Officials and Fans

Number 6

APRIL, 1940

15c



Spring Football

By Rex Enright

Ankle Injuries

By Claude Bond

Track Suggestions

By Weems Baskin

1940 Basketball Tournaments

ROBERT FULTON HOTEL



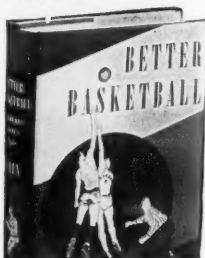
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Volume II

APRIL, 1940

Number 6

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Important Factors in Track

By WEEMS O. BASKIN, JR.

Track and Line Coach, University of Mississippi

Several months ago one of the greatest athletic competitors I've ever known was killed in an automobile accident. The date was October 21, and the boy was Jesse Ward.

Few people knew that Jesse, at the time of his death, was one of the easiest boys to handle that we had at Ole Miss. More people, perhaps, had known that besides being a fine athlete, he was temperamental and failed to take easily to discipline.

Discipline in large quantities entered Jesse's spirit when we were forced to cut him off the 1939 basketball squad and deprive him of his captaincy for infractions of training rules.

It was late in the season and Ward reported immediately for spring football and for early drills in track.

To begin with, Jesse was a fine all-round performer in football, and he set himself to climb back up the ladder to his regular place at left end. He got there, and by the hard way.

In track, Jesse was a pole vaulter, and had been able to go over the bar at twelve and a half feet, but no higher. Steady practice improved his form, and in weekly workouts he cleared thirteen feet on several occasions.

Here's the point I'm after: Jesse was a natural athlete, but he wasn't a natural pole vaulter. Big huskies weighing 195 pounds seldom take to pole vaulting, but Ward was a determined boy.

If you have ever seen the jagged ends of a bamboo pole staring you in the face from a height of twelve or more feet, you'll know what I mean when I say Ward was determined, for he broke six last spring, in competition and in practice, and never quit working.

During the past football season Ward went to work and never let up. He was killed the night after one of the best football games I ever saw anybody play. He was without a doubt the best end in the conference at that time.

Louisiana State chose him unani-



WEEMS BASKIN

mously for all-opponent honors. Centenary did the same thing.

If Ward hadn't met his tragic fate, I am convinced that he would have cleared thirteen and a half feet this spring, purely because he was an athlete and wanted to clear that height and better.

I mention Jesse here as a tribute to him and his ability and because it so clearly illustrates a point I like to emphasize.

It's true that most track and field stars are born as such, with natural speed and ability, but determination—an everlasting will to succeed—is vitally necessary before any native ability can be turned down a successful cinder lane. This is an important factor in any sport, but particularly so in track, because a man is on his own once he hears the pop of the starter's gun.

Determination can be called competitive spirit, if you like to put it that way, and if you look around at most any track meet you will see it in the youngsters who don't have a lot of ability, who fail to gain much save a fill-in place on the team as a result of long weeks of practice, hanging tongues and tired muscles. You'll see it, too, in finely-trained

lads who carry real ability and who must want to win to gain points against stars of equal caliber.

Besides competitive spirit, natural speed and good physical make-up go into the track man who can win. And then there's the matter of conditioning and training schedules and the wisdom of his coach in selecting for him the right event or events.

It's not fair to the boy to have him spread his ability over a number of events rather than use him for the track or field job for which he is best suited. Find each boy's particular niche and keep him there regardless of the success or failure of your team on such a decision.

Neither is it fair to the boy to allow him to fade away in the stretch because of improper condition, and by condition I mean that particular shape and tone that you, as a coach, know he must attain for his event or events.

Underwork is preferable to overwork, but regularity in his habits—his eating, his sleeping, and in the time he is allowed to train each day—is an item to be carefully observed.

Many coaches and trainers are in favor of athletes giving up fried foods, starches, coffee, and other choice tidbits that might be desired, and they have many arguments on their side. However, since it is obviously difficult to enforce such regulations, regularity is the next best rule to give the team. The regularity of sleeping, of eating, and of training can be carried out to good advantage.

In an earlier paragraph, I mentioned the need for specialization in the development of track stars. Naturally enough, some boys are fitted for one event and that alone. He might be a gawky, knock-kneed specimen, a wearer of glasses, and a phenom who can high jump beyond your fondest dreams. He can't run, so he's out for the cinders. He isn't especially strong, so he's out for field events of that nature. But the boy is a real high jumper, and there he stays.

(Continued on Page 12)

Spring Football Training

By REX ENRIGHT

Head Coach, University of South Carolina



REX ENRIGHT

On sports pages and on the banquet circuit, spring football practice has been the object of praise and denunciation.

If you put it point blank to me, I would reply that I ally myself with the proponents of the spring drills. It cannot be denied that the practice of working out gridiron squads in the springtime is sometimes abused, and sometimes detrimental to the game. But I believe the abusers and the abuses are in the minority.

Then again the term "spring football" is very vague. Despite the calendar, spring comes at different dates to the various sections of the nation. Here in Dixie, with few exceptions, the weather early in February is suitable for football drills. Thus, when teams in the Northern sectors trot out on the gridiron some time in April, the Southern contingents are storing away the moleskins for use next fall.

In arguing against spring football, many have declared that it interferes with baseball, track, and other spring sports. Evidently those interested gentlemen have not investigated the situation down South. While that

problem may confront coaches in the colder climes, we do not experience it. Our spring drills end before the baseball and track teams take to the field.

It is true that we conflict with basketball. But I believe that a casual perusal of the basketball rosters of most Southern universities will convince you that few gridders are included. Even if five of your football players composed the first string quintet, it would still not hamper you in your spring drills.

Scholastic tutoring, after classes, for the backward boy, offers a fine analogy to spring football. If a student, in the regular allotted time, fails to grasp the subject, it becomes a necessity to spend extra hours with him, to give him individual and specific instruction.

It is the same in football.

Some boys do not possess natural talents for athletics to the degree of others. When your squad reports in September and you have only a few weeks to prepare for your opening game, you have to concentrate on team work. Team work is the keynote. During the course of the season you have to work on different defenses for each of your opponents. Scouting reports have to be studied. And each of your players is mainly concerned with stopping some elusive halfback or playing his post in such a way that an opposing player won't block him out of the ball park.

You have no time then to teach Joe Tackle the proper offensive stance or defensive position. But you can do all this in the spring.

What does this mean? It means that the boys who were not stars in high school or who were not properly coached in their prepping days have an opportunity of improving themselves, and a better chance to make the varsity.

For instance, let's take a guard. In any football system the guards are important. Without them the offense is practically static. Well, the maneuvers the guards have to make on the various plays are very intricate. They

take time to learn. And in the spring we have that time.

First, we teach the guard his proper offensive stance. From there we proceed to the important phase—pulling out and leading the interference. Each play gives him a different block assignment and it requires diligent tutoring for most of the boys to master the guard play.

This is a great thing for the boys, especially the not so talented youth who needs time to grasp the individual fundamentals.

To prevent spring football from hindering the boys and interfering with their studies and normal spring routine, certain limitations are necessary.

First of all, the training rules should be mild. In fact, they ought to be left up to the individual. And I have found this system to be successful here, because there is a minimum of contact work in the spring.

While I am in favor of intra-squad games, I am opposed to scrimmages between colleges in the spring, for that is placing too much emphasis on team play. As I stated above, individual fundamentals are the important phases of spring football. Practice sessions ought to endure for about an hour and a half. Long, arduous workouts and night lectures should be ruled out.

I am not trying to create the impression that the coaches are entirely altruistic about the matter of spring football. Truth to tell, it is a boon to many mentors, including me.

After you have gone through a long schedule and watched some of your seemingly best plays get smeared time and again, you no doubt want to take the play apart. And to discover why it is ticking out of tune and gaining no territory you put it under very close observation during the spring drills.

Perhaps you might learn that if you changed a blocking assignment or altered the course of the play it might suddenly evolve into a touchdown-maker. Spring drills also offer

(Continued on Page 18)

Treatment of Ankle Injury

By CLAUDE BOND

Trainer, Georgia Tech



CLAUDE BOND

The most common injury to high school and college athletes is the ankle injury.

Why? There is not enough time devoted to the protection and care.

What protection and care can be used?

I. Proper equipment for the unusual demand to be made on the muscular structure.

II. Adhesive tape.

III. The ankle wrap. The wrap is one of the most essential parts of equipment to be used in all sports where contact is made. In applying the wrap, two things are accomplished: protection to the ankle and support to the medio-tarsal arch, therefore cutting ankle injuries to a small percentage.

The wrap is inexpensive, made of light, washable material, two inches wide and seventy-two inches long.

When the ankle is injured, the following steps are taken:

- (1) Move athlete to training rooms as soon as possible.
- (2) Examine for break.
- (3) Apply elastic pressure bandage encasing whole ankle with plen-

ty of pressure. Why? The pressure has a tendency to stop hemorrhaging.

(4) Place whole foot in ice water for thirty to forty minutes.

(5) Remove from water, also pressure bandage, shave and apply tincture of benzoin. Then apply the basket weave of adhesive tape as in figure (1) the beginning.

Figure (2) Completion of basket.

Figure (3) Front opening for swelling, if any.

(6) Then apply application of desired drawing quality to ankle to remove any swelling or soreness that may take place. I use antiphlogistine and have gotten wonderful results.

(7) For the first night, elevate the foot and apply electric pad or any heat.

(8) In case of severe injuries, repeat number (4) application for second day—always letting the patient use his own power to travel on.

(9) Swelling reduced, light massage may be applied, also light work.

(10) Figure (4) shows adhesive figure eight over basket weave for heavy duty.

First and last:

Use more time in prevention and you will save money, pain, and loss of time.



FIGURE 2



FIGURE 3

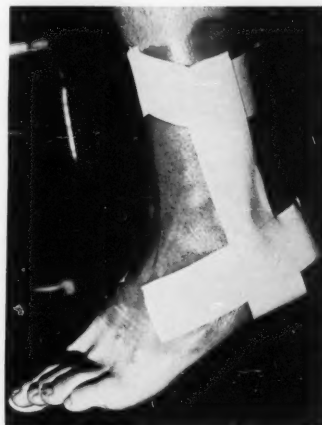


FIGURE 1



FIGURE 4

The Southern COACH & ATHLETE

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Official Publication

GEORGIA ATHLETIC COACHES ASSN.

GEORGIA FOOTBALL OFFICIALS ASSN.

SOUTHERN COLLEGIATE BASKETBALL OFFICIALS ASSN.

SOUTH CAROLINA HIGH SCHOOL COACHES ASSN.

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DWIGHT KEITH

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The Two Extremists

The two worst foes of school athletics are the school administrator who thinks that sports should have no place in the educational program and the coach who believes that education should have no place on his sports program. Both are sincere, believing they are serving the highest interests of American youth. The administrator points to his high scholastic standards which he is defending, while the coach boasts of his winning teams. Sometimes by preserving our high scholastic standards the boy is lost completely. After all, it is the boy we are trying to help. Again, the game may sometimes be won by losing the boy. It may be something of his honor, self respect, ideals, mental conditioning that is sacrificed. This will not happen where the administrator has the proper understanding of youth and appreciates the vital influence that sports exert on a boy's life. He will recognize the sports program as the most effective means to teach some of the desirable habits and attitudes, such as clean living, cooperative spirit, mental poise, obedience, emotional stability, loyalty, leadership, and patriotism. The "win at any price" coach is fast fading—and should. He is being replaced by a man who has a broad educational view of athletics. He, too, wants to win games, but will not do it at the physical or moral expense of his boys.

It is encouraging to note that the two extremists discussed here are few in number. They are meeting on a middle, common-sense ground. Of course, there is the third factor—the outside influence—but as long as the administrator and the coach *know* the right way and *follow* it, amateur athletics is on a sound footing and American youth is on its way to a more wholesome life.

School Activities

Some have had the impression that our publication is to be devoted solely to the so-called varsity sports. That is not our aim. Naturally, the majority of the material will be on problems that will interest the varsity coach. A great deal of this material, however, will be instructive and helpful to others. For instance, the question of minor injuries should be of interest to all teachers of physical education and directors of play activities of all kinds. The techniques of the varsity sports should be mastered by the directors of intra-murals so that the physical education program in the school will properly articulate, allowing a student with ability a better opportunity to move up to a varsity team and giving to those of less ability a better appreciation of correct form and technique. This will result in greater pleasure in participating or in watching a game.

We also invite schools to send in material on other school activities, such as dramatics, glee club, orchestra, band or other student organizations that are popular and successful. If your school has some organization of which you are proud, send us a story and picture, if possible, of the organization and its director. Not only will you receive South-wide recognition of a job well done, but it will carry an idea or suggestion that is new to someone else.

Team Work

As coaches and directors of athletic teams and other organized activities, we talk a lot about team work to our boys and girls. We emphasize its importance and insist upon its practice by our players. We will remove from the team a player who is not a team man. If team work is essential in developing a winning team, it is important in building other successful organizations. Our society is not only competitive but is cooperative. We must practice cooperation in our coaches' organizations. We must lay aside our prejudices and jealousies and work for the interest of the group. If you want a coaching school, cooperate with those who help make it possible. If you want a publication that will serve as a medium for discussing problems of mutual interest, a medium that will give recognition and publicity to good work and that will bring new ideas and helpful suggestions, then cooperate with those who help make such a publication possible. The firms that advertise with us are in sympathy with our program and are helping us achieve our objectives. They appreciate the influence of a clean, wholesome program of sports. They want to see it well organized and properly conducted. They are "team men" and are on our side. Let's play the game with them by remembering them when we need supplies and equipment. Be a team man—return their pass!

BASKETBALL WITHOUT BACKBOARDS

By S. FLETCHER SWEET

Basketball without the backboards may never become an entity, but the antagonists of the boardless game were left without an argument on which to quibble by a game recently played between Knoxville and Young high schools, at Knoxville, Tenn. In fact, the "antis" were sent into seclusion to dope out some new angles to encourage disfavor with the pruned game.

The actual game, which was won by Knoxville high, 46 to 14, put the antagonists in the position of the old lady who said the empty shotgun might kill somebody "if it went off." They don't like the game, but the actual figures swept away every objection proposed before this experimental brawl was staged in the Knoxville high school gym.

It was purely an experimental affair. The score was not recorded in the teams' schedule. It came about because of a discussion of the boardless game in a typical coaches' bull session. Among those in the pow-wow were the present writer, Coaches Wilson Collins, and Buford A. Bible, of Knoxville high, and "interested observers."

"Why don't you play a game without the boards, and settle all these arguments?" the writer asked Coach Collins.

"That would be all right," he said. "We're going to take the boards down, anyway, to extend the braces two feet more over the court. We could play then. But whom would we play?"

A hasty check of the schedule showed that Young, a "neighbor school across the river" had played the Knoxville team to a 39-33 game not long before. This, it was decided, showed the two teams to be fairly well matched. Besides, it would be easy for them to get together.

Coach Collins got Young's Coach Cecil Stone on the line, and terms were quickly agreed upon.

As the game drew nearer, the arguments against the idea of basketball without backstops simmered down to these main points:

1. Out-of-bounds plays would be too frequent.

2. Greatly reduced scoring would kill spectator interest.

3. Action under the board would be eliminated.

4. Fouling would be more frequent.

5. The percentage of shots made would drop steeply.

Probably the most sensible way to present the facts would be to take these points in order, and see how they fared according to actual statistics. It must be remembered that the teams had played on the same court, with the same lineups, and had fought to a six-point difference only a short while before.

Probably seven out-of-bounds shots would have been stopped by the backboards. However, it was agreed that rebounds striking the braces would be ruled outside. Enough of them struck the braces, and would have fallen back into the playing court, to reduce the out-of-bounds to six unavoidable ones.

Scoring was reduced only on the part of the Young high players, who had been taught to play for crips; or, if they shot long ones, to get their sights plenty high. They were timorous of trying long pops in the first half, and their crips were habitually board shots. Therefore, they fell off 19 points from their former game on the same court, against the same team. Young's team attempted 36 field shots, and made six.

On the other hand, Knoxville's team, holders of the state championship from the tournament last year, had been taught scientific, clean shots. Their points jumped from 39 to 46; and they had but three out-of-bounds that the boards would have prevented.

Knoxville's team attempted 47 shots, and cashed in on 21, for a percentage of 44 plus. This, incidentally, was 10 per cent higher than their average for games previously played. Free use of substitutes by both teams in the last quarter naturally increased the figures "on the bad side," since they had not the skill of the first stringers.

Action under the board was slowed—just as proponents of the center jump have asked that it be slowed. Only two fouls were called under the baskets. This also covers point four. Sam Jones, approved official of the Tennessee Approved Officials Association refereed the game.

"Spectators may not like it," he said of the game. "But I'll vote for it right now. It was the easiest game I ever worked." This, of course, because of the reduced fouling under the basket, with the customary charging and contact fouls of mid-court.

The percentage of shots dropped only by the team which had never before gone anywhere toward a championship. For the state championships, the percentage was hiked by 10 per cent, as pointed out above.

"The boardless game," observed one coach present, "shows the difference between a state championship ball club, and just another team."

"It equalizes basketball ability," declared Assistant Coach Bible. "The tall man doesn't have it all over the little man. You've got to shoot 'em clean, as we have always taught our teams to shoot."

"I'm not sure whether I like the game," Coach Collins said. "It cuts out a lot of the undesirable features

(Continued on Page 18)

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BASKETBALL

Georgia Big Seven

By ROY WHITE

Tech High's championship team, despite changing coaches in mid-season and Jim Homer, of Columbus, setting a new scoring record, featured the 1940 Big Seven Prep basketball season. The Smithies won eleven and lost only to Columbus, with Boys' High and Columbus High sharing second place with nine victories and three defeats each.

Homer, six foot five inch center, scored 243 points in 12 games, 106 more than Jack Pounds, of Tech High, in second place. Ray, of Jordan, was third with 134 points in 10 games played.

Five of the seven teams were represented in the first five individual scorers, another new prep basketball record.

Claude (Gabe) Tolbert, veteran Tech High coach, was forced to give up coaching in mid-season, due to illness and Sidney Scarborough, a

former Tech High and later Auburn star and an assistant to Tolbert for several years, was appointed in Gabe's place. Sidney and the Smithies went on to win the championship, though forced to come from behind several times in the latter stages of the games.

Boys' High and G. M. A. showed the most development of the season.

Starting without dependable guards, Boys' High proved the best defensive team, holding all opponents to 347 points, 13 points better than Canton, which played two less games than the Purples.

Boys' High offense was well balanced, since Asher Edelstein paced the scoring with 96 points, tenth in the individual ranks.

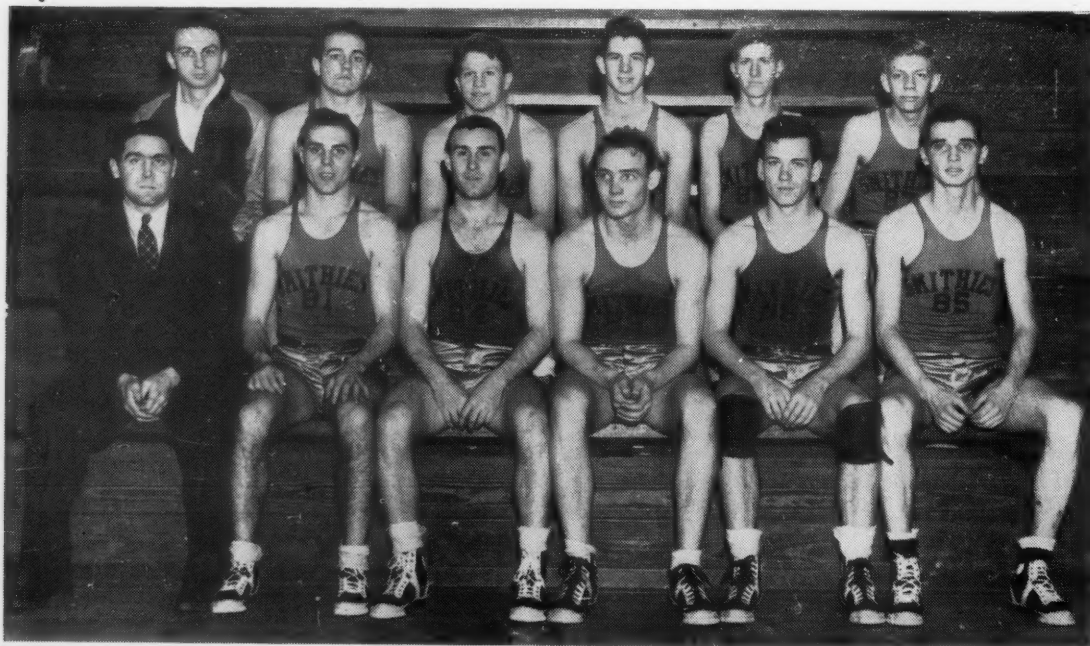
G. M. A., with one veteran returned from last year, scored only 13 points in its first game but finished in a blaze of glory, handing Columbus High its only league defeat, on its

own court, in the season's final game. The Cadets were fourth best offensively and tied with Columbus High for third best defensive team honors.

Teams	W	L	Pct.	Pts.	O. Pts.
Tech High	11	1	.917	486	398
Columbus	9	3	.750	512	397
Boys High	9	3	.750	446	347
Canton	4	6	.400	345	360
G. M. A.	4	8	.333	420	397
Jordan	3	7	.300	376	425
Commercial	0	12	.000	411	672

LEADING SCORERS

Homer, Columbus	243
Pounds, Tech High	137
Ray, Jordan	134
Anderson, G. M. A.	126
Janko, Commercial	118
Oates, G. M. A.	116
Ammons, Tech High	115
Najour, Commercial	108
Wallace, Commercial	100
Edelstein, Boys' High	96
Haley, Canton	82
Holbrook, Canton	76
Doyle, Boys' High	74
Deese, Boys' High	73



SUMMARIES

G. I. A. A. Tournament

By FELTON GORDON

Coach Selby Buck is convinced that his 1940 edition of the Lanier High School (Macon) Poets is by far the most courageous he has coached since taking over the basketball reins at the Peach City school in 1926.

Making up in spirit and perseverance what they may have lacked in ability, his Poets marched to their third straight Georgia Interscholastic Athletic Association tourney crown by snatching three straight victories from the "fire."

With the beanstalk center, Joe Murrow, sparking the attack, the scrappy Poets climaxed their sensational play with a 44-42 conquest of Monroe Aggies, in the frenzied finals of the tourney held at Columbus.

The Poets made their tourney bow by smashing Marist College of Atlanta, 72-17. Then they struck a snag. Tech High, of Atlanta, staged quite a tussle before bowing to the Poets, 45-44. The Poets had a narrow escape in disposing of Savannah High, 46-42, in the semi-finals.

The secret of the Lanier attack was Murrow. The 6 foot 8 inch skyscraper was the chief ball retriever and scorer. He broke records in piling up 101 points in the four games of the G.I.A.A. tourney. Murrow was chosen on the All-Tourney team for the second straight year.

Besides the Marist-Lanier game the first round of the tourney saw Savannah High trim G. M. A., 36-32, in the upper bracket. Tech High and Jordan High advanced on byes.

In the lower division of the pairings Monroe squeezed past Boys' High, 40-36, and Columbus High pasted Commercial, 59-26, in the first round. Richmond and Benedictine moved into the quarter-finals on byes.

Thrilling action marked the quarter-finals in both sections. Lanier nosed out Tech High and Savannah topped Jordan, 36-32. Monroe staged a fine second half showing to knock Richmond Academy from the running, 41-32. Columbus experienced little difficulty getting past Benedictine, 49-32.

The stage was set for a thrilling finale with Lanier bumping Savannah, 46-42, and Monroe ousting Columbus, 50-33. Finals saw Murrow

return to the game after being momentarily off the floor due to an eye injury. He paced a surge that saw Lanier overtake a 38-29 lead of the end of the third quarter. Murrow chucked in two straight baskets in the last two minutes for the victory.

Savannah High School defeated Columbus High, 42-34, in a preliminary on the finals program for third place honors.

Coach R. L. (Shorty) Doyal, of Atlanta who, with Charlie Royston, Augusta, officiated in all games, dubbed the tourney as the "closest and most exciting I've ever worked in the G.I.A.A." Doyal has handled games in 8 of the 19 in the history of the association.

Monroe Aggies dominated the first All-Tourney team. Members of the aggregation follow: Chuck Clark, Monroe, and Jim Homer, Columbus, forwards; Joe Murrow, Lanier, center; Herbert Bergman, Savannah, and Jake Lance, Monroe, guards.

Second team—Red Langford, Columbus, and Curtis Thurston, Lanier, forwards; Jess Hyder, Monroe, center; Bill Eubanks, Savannah, and Charlie Knudsen, Savannah, guards.

Murrow was voted the most outstanding player of the tourney in the poll of coaches, officials and sports writers. Bergman, of Savannah, was runner-up.

Murrow topped the scoring in the tourney with 101 points. Others in order: Homer, Columbus, 83; Lance, Monroe, 58; Clark, Monroe, 52; Bergman, Savannah, 45; Eubanks, Savannah, 36; Langford, Columbus, 35; C. Thurston, Lanier, 33.

Sponsored by the Columbus Junior Chamber of Commerce, with Henry Reeves as general chairman, the tourney was acclaimed an unqualified financial success. Capacity crowds jammed the new Jordan High gymnasium for most of the performances. It was the first time Columbus had played host to the tourney.

Out-of-town writers attending the tourney which attracted 12 teams included Foy Evans, Macon News; W. D. McMillan, Savannah Morning News; and Dwight Keith, editor of the SOUTHERN COACH AND ATHLETE.

(Continued on Page 18)



The
"Sportrio"
 ... Coat, pants
 and slacks ...

\$27.50

This spring, young men are demanding more variety in their clothes. Clothes, really, that do double duty. And the three-piece "Sportrio"—coat, pants and slacks—serves a double life.

The coat and pants are of a lighter shade, the slacks are of a darker, blending color to be worn with the coat as a sports ensemble. Drop in at Zachry and see this young man's style for 1940.

ZACHRY
 87 PEACHTREE

Georgia Junior College Tournament

By PETE MELTON

With fast breaks and high scores, fourteen teams paired off at 3 P.M. to open the Junior College Basketball Tournament at Douglas, Ga., February 29 through March 2.

Teams participating were:
Middle Georgia College.
North Georgia College.
Young Harris College.
Reinhardt College.
West Georgia College.
Norman Park Junior College.
Gordon Military College.
Abraham Baldwin College.
G. M. C. College.
Brewton Park College.
South Georgia College.
Rabun Gap College.
Armstrong Junior College.
Augusta Junior College.

The opening round produced two of the best games of the entire tournament. Middle Georgia, coached by Jake Morris, eked out a victory over Coach Coker's North Georgia team in their first game, to move on to a well deserved tournament championship. G. M. C. trimmed Abraham Baldwin by one point in the best game of the tournament, featured by the showing of both teams on defense, which was the only score in the entire tournament under 30 points.

In the second round Coach Dickie Butler's fine team won a well earned victory over his former college chum, Chick Shivers' Armstrong Junior College team. It was great fun to watch Butler and Shivers try to out smart each other as their friendly rivalry is the hottest thing in the league. In the semi-finals, Middle Georgia won out over "Babe" Florence's well coached G. M. C. team, and Coach Mike Herndon's team again came through for the home folks by winning from Gordon in a close game. The final whistle found Coach Butler's team closing in, but the timer's watch caught up with his boys.

In the final game Jake Morris' team put on a good shooting show to beat Mike Herndon's South Georgia boys for the championship.

The highlights of the tournament were:

1. Every team showed a highly polished offense, but very little defense.

Alabama State Basketball Tournament

By LUMAN WELLS

The Guin High School basketball team, undefeated during the regular season, won the Alabama High School Basketball Championship in Tuscaloosa, March 9, by defeating a Pisgah quintet, 29 to 14. Guin experienced only one tight game in marching toward the state title, that when they defeated the Tuscaloosa Black Bears in the opening round of the tournament, 27 to 21.

Guin, conceded to be a strong contender but not the ranking favorite in the tournament, waded through all opposition to take the title held last year by Clanton.

Pisgah, forced into the runner-up position after the defeat by Guin, advanced to the finals by defeating Pleasant Home 45 to 10; Phillips (Birmingham) 36 to 30; McGill Institute (Mobile) 28 to 20.

Guin High defeated Tuscaloosa 27 to 21; Boaz 34 to 16; Pell City 37 to 10; Pisgah 29 to 14 to take the state high school title.

ALL-TOURNAMENT TEAM

Forward.....C. Dyar (Guin)
Forward.....Weinecker (McGill)
Center.....Rogers (Pisgah)
Guard.....Whately (Pisgah)
Guard.....Welch (Jacksonville)

The next issue will carry stories of the Florida, Tennessee and Duke tournaments, which are run off too late to get the results in this issue.

2. The fine physical condition of the winners. Conditioning played a major part in the Middle Georgia victory. They "turned on the heat" for the full 40 minutes of play, never letting up on any part of the court.
3. The games were well attended. The South Georgia College and the fine city of Douglas are to be congratulated on the manner in which the tournament was handled.

IMPORTANT FACTORS IN TRACK

(Continued from Page 5)

Take the big sprinter, though, who might be a football ace of better than standard quality. He can break 10 seconds in the century, do even better in the 220 dash. He can throw the shot, the discus, and the javelin, can broad-jump and do a fair job on the pole vault, and maybe even high jump. Then he runs a lap on the mile relay.

All this might be fictitious, although in some colleges and in more high schools, the above is true.

Now take that boy and keep him in the sprints and broad jump. Let him develop the muscles needed for those events, improve his starts and his timing. Then turn him loose in a meet and see what can happen.

I realize that oftentimes material is shy, and that coaches have to double up on their men in hopes of winning a dual meet from some bitter rival. But coaches should realize that to overdo the thing for the athlete, besides taking him from his best events and losing for him the razor keen edge that is so badly needed, gives fewer boys chances at places on the team, thereby cutting down competition and potential strength of the squad.

It is doubtless true that as high school competitors enter college, keener competition and wise tutoring place them in their best events, but in the matter of conference, sectional or national competition, sometimes it is wisest to keep a man in one event, regardless of his ability in other items of competition.

I repeat, this follows when the competition becomes keener, and chances are much more difficult for success and national prominence, for running is like a big business. You cannot have too many irons in the fire at one time and do justice to all, or, perhaps, justice to any of them.

Quite a few institutions go in for track in a big way. Climatic conditions help at some localities, but material is the big item. Other schools cannot compete on such a basis, but they are given excellent chances in this way.

Quite often a football or a basketball star is adept at running, or in field events, and can be made into a real cinder artist with proper help. Or, maybe one or two track scholarships will give you stars of the first magnitude.

(Continued on Page 19)

Split Minutes

GEORGIA

By DWIGHT KEITH

Secretary Georgia Athletic Coaches Association

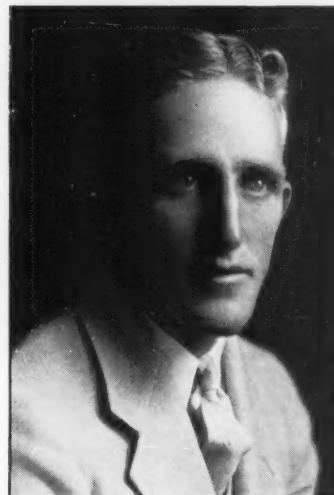


Principals, coaches and directors of school activities are invited to mail in items of interest in their locality to the secretary of their state coaches' association, or to the Editor of the *Southern Coach and Athlete*. Material should be received by the fifth of the month to appear in the current issue.

FLORIDA

By L. L. McLUCAS

Secretary, Florida Athletic Coaches Association



The date of the *Third Annual Coaching Clinic*, sponsored by the Georgia Athletic Coaches Association, is August 26-30, inclusive. The directors will meet in Atlanta at an early date for the purpose of selecting the players for the all-star football and basketball teams. Any coach who has an outstanding senior player should send his nominations to his district director at once.

The all-star football game will be played the night of August 30 and the basketball game will be played Thursday night, August 29.

The basketball game will be in the Georgia Tech gymnasium and the football classic will be under the flood lights of Grant Field.

The players will be assembled Friday, August 23, and will begin work under the following coaches: Basketball, Coach Elmer Lampe and Coach Adolph Rupp; football, Coach Wallace Butts and Coach Frank Thomas. Coaches will report Monday, August 26. Complete and detailed plans will be announced in the next three issues of the *SOUTHERN COACH AND ATHLETE*. Just reserve that date for your trip to Atlanta to attend the biggest and best coaching clinic we have had.

The G. I. A. A. tournament, which was held in Columbus this year, was a success in every respect. It was one of the best balanced tournaments we have had. Eight of the teams entered were capable of playing the best team there a close game. We want to salute the hospitality of the town of Columbus and thank the Junior Chamber for the fine manner in which they ran off their first tournament. Henry Reeves is to be commended for his thorough and efficient work in handling the details, and Jordan and Columbus High are not to be forgotten for the nice luncheon which was served the visiting coaches at the Jordan High School.

(Continued on Page 18)

ANNUAL MEETING OF THE FLORIDA COACHES ASSOCIATION

The Florida Coaches Association will hold its annual meeting in conjunction with the Florida Education Association in Orlando, March 28, 29, 30.

Plans have been completed and the schedule of meetings are as follows:

MARCH 27

10:00 P.M.—Board of Directors meeting.

MARCH 28

10:00 A.M.—Annual business meeting of the coaches association. Club room of the Orange Court Hotel, located on North Orange Avenue.

1:30 P.M.—Meeting of the Legislative Council of the F. H. S. A. A., Orlando Senior High School.

3:00 P.M.—Meeting of the Florida High School Athletic Association, Orlando Senior High School.

5:30 P.M.—Coaches Banquet. Coach W. A. Alexander of Georgia Tech will be the guest speaker. Orlando Country Club.

MARCH 29

8:30 A.M.—Coaches Golf Tournament. Orlando Country Club.

12:15 P.M.—Health, Physical Education and Recreation Luncheon, Orlando High School cafeteria.

3:00 P.M.—New York Giants vs. Washington, Tinker Field.

Tips on Track Training

By BILL RANEY

Track Coach, Ramsey High School
Alabama Champions 1937, 1938, 1939



BILL RANEY

We had our first track team at Ramsay in 1936 with 16 boys out for the new sport. In 1937, 1938, 1939 we have won the Alabama State Track Championship and now have 125 boys eagerly training for our fourth consecutive title.

Track is a year around sport at Ramsay with Cross Country in the fall until Thanksgiving and then January 1 we begin our regular event work outs.

On Friday of every week time trials are held and records accurately kept on the board where each boy can follow his and other boys' progress. Our local meets do not begin until April, so we have many inter squad meets with the losers taking a shower with their clothes on. (A good way to keep clothes clean and an excellent builder of loyalty and morale.)

In January we set up definite times or distances for each event and any time a boy reaches this goal we give him a full varsity uniform. An athlete with a swell looking uniform who can't do anything is disgusting and certainly no credit to your school.

Anytime a boy beats one with a varsity uniform he gets that uniform, and too, anytime an athlete breaks a state record, every boy on the squad takes a shower with his clothes on. In this way everyone has his goal to reach—not impossible to attain, but forever keeping him on the jump, training, working, and thinking track or he may lose this coming Friday.

I also coach basketball, so I don't see my track boys except on Friday, time trial day. Each event has its leader who is usually a varsity boy, who has been out for at least one year. There is a lot of rivalry as to whether the shot putters or the milers are first to the gym, first dressed, and first to begin their work outs. Picture a boy smiling, running to the gym, shirt half open, and calling to his team mates to hurry, and you have the beginning of our practice.

No rules of training are necessary when they are this way, and we have very few cases of discipline either in athletics or the athlete in school.

The work out for each day of the week for each event is on a 4 x 6 card on the board, and everyone follows these work outs until we see where a certain boy needs more over distance work or more speed work with less endurance.

The following shows our work outs in each event. We have been unusually successful, but remember it isn't the work out that makes the State Champion. He must have plenty of natural ability, and we furnish the work outs, improving on his form and creating that desire to be a champion. Remember, track meets are won in training days getting ready for actual competition.

HURDLES

Monday—

warm up 5 minutes
stretching and bending exercise (hip)
5 starts—steps to first hurdle
three hurdles hard 5 times
easy 440 yds.
exercise

Tuesday—

warm up jog 5 minutes
stretch hips
5 steps to first hurdle
5 times three hurdles hard
float hurdles
exercise

Wednesday—

warm up jog on grass
stretch hips
practice over two hurdles
take two hurdles hard
float two hurdles
exercise

Thursday—

warm up 5 minute jog
stretch hips
5 starts with first hurdle
three hurdles hard
easy 440
exercise

Friday—

warm up 5 minutes
stretch hips
5 starts with first hurdle
three hurdles hard
exercise

DISCUS

Monday—

5 minute jog
three sprints
scale discus
footwork without discus
15 for form and height
run 440 and exercise

Tuesday—

5 minute jog
reverse with discus
arm snap
6 times for distance
run 440 and exercise

Wednesday—

warm up 5 minute jog
three sprints
arm snap
reverse with discus
15 form and elevation
run 440 and exercise

Thursday—

5 minute jog
three sprints
reverse with discus
arm snap
15 form and elevation
run 440 and exercise

Friday—

5 minute jog
three sprints
reverse with discus
arm snap
15 form and elevation
run 440 and exercise
HIGH JUMP

Monday—

5 minute jog
10 approaches

(Continued on Page 16)

Hi Coach!



CLAUDE T. (Gabe) TOLBERT

Forty championships in three major sports over a span of 19 years is the unusual coaching record left behind by Claude (Gabe) Tolbert, when he was forced to resign at Tech High, due to an extended illness.

Two Southern and three Georgia titles in football, four state basketball crowns and two state baseball titles, in addition to many Atlanta and league leaderships, are included in probably the best high school coaching record in the Southern States.

Tolbert, after several years at Georgia Military College at Milledgeville and one year at Georgia Military Academy at College Park, began his sensational Tech High record in the fall of 1920. The Smithies won five, lost one, tied one, in football and shared the city championship with G. M. A. in the first of his title races. The Georgia Interscholastic Athletic Association basketball championship was won in 1921, and his baseball team was undefeated for city honors, a clean sweep of three major championships in his first full year at Tech High.

Although Tech High lost the state basketball title by a single point, its record of 14 wins and one loss in winning the Atlanta and Cotton States crowns was rated a Southern Championship in 1922.

City, State and Southern football championships were won in 1924 and 1928, by Tech High, under Tolbert's guidance.

Basketball championships, with 18, have been more prolific than the others. Football and baseball shared alike with 11 each.

In football, Tech High's teams since 1920 have won 120, lost 52 and tied 15.

Tech High's basketball teams under Tolbert won more than 200 games while losing 55. More than 20 of those 55 have been defeats in 19 years lost by one and two points in the last minute of play.

Gabe points with pride to his baseball record, unequalled in all southern prep history. Six city and state championships in a row starting in 1930. His victories over Boys' High are particularly memorable with 22 wins against only six defeats. Beginning in 1930 Tech High was undefeated in its series with the Purples, through the 1935 season. From 1929

through 1935, Tech High's baseball team won 71 games while losing only six, and two of those by a single run.

In baseball, before Tolbert turned the reins over to Sidney Scarborough in 1937 to devote his time to spring football drills, Tech High won more than 140 games while losing 28.

Tech High's football teams have scored more than twice the number of points of their combined opponents and only in 1925 and 1926 seasons did the opponents outscore the Smithies, by comparatively small majorities.

Tolbert, cool, collected and conservative at all times, even in his every day life, never resorted to that colorful, razzle dazzle style of football, but used more of the power type. His teams used comparatively a small number of plays, well executed, and they depended almost entirely on straight football for victories.

Tech High's 1931 football team made history for the school and was acclaimed in Bob Ripley's famous "Believe It or Not."

(Continued on Page 19)

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TIPS ON TRACK TRAINING

(Continued from Page 14)

15 form
exercise*Tuesday—*5 minute jog
three sprints
stretch, hop, kick
10 approaches
run 440*Wednesday—*5 minute jog
10 approaches
stretch, kick, hop
height
exercise*Thursday—*5 minute jog
three sprints
hop, stretch, kick
10 form
kick over bar
run 440
exercise*Friday—*5 minute jog
three sprints
hop, stretch, kick
10 form
kick over bar
exercise

440

*Monday—*warm up 5 minute jog
stretching and bending exercise
300 yd. at 440 pace
walk till rested
exercise*Tuesday—*warm up 5 minute jog
stretching and bending exercise
440—last 20 yds. hard
5 starts for form
exercise*Wednesday—*warm up 5 minute jog
stretching and bending exercise
run 660 or 880 at 440 pace
two 75 yd. sprints
exercise*Thursday—*warm up 5 minute jog
stretching and bending exercise
300 yd. at 440 pace
walk till rested
exercise*Friday—*Warm up 5 minute jog
stretching and bending exercise
300 yd. at 440 pace
walk till rested
exercise

SHOT PUT

*Monday—*jog 5 minutes
three sprints
footwork without shotreverse with shot
wrist 8 times
15 for form and height
run 440 and exercise*Tuesday—*5 minute jog
form no shot
reverse with shot
wrist snap 15 times
6 times for distance
run 440 and exercise*Wednesday—*5 minute jog
three sprints
form no shot
reverse with shot
15 form and elevation
10 snap
run 440 and exercise*Thursday—*5 minute jog
three sprints
reverse with shot
snap 10
15 form and elevation
run 440 and exercise*Friday—*5 minute jog
three sprints
reverse with shot
15 form and elevation
run 440 and exercise
snap 10

MILE

*Monday—*warm up 5 minute jog
slow mile—even quarters
two 75 yd. sprints
exercise*Tuesday—*warm up 5 minute jog
three quarters at mile pace
exercise*Wednesday—*warm up 5 minutes jog
run 5 quarters at half pace
two 75 yd. sprints
exercise*Thursday—*warm up 5 minute jog
two 880 at mile pace and rest
exercise*Friday—*warm up 5 minute jog
two 880 at mile pace and rest
exercise

BROAD JUMP

*Monday—*10 minute jog
6 take off runs
6 jumps distance exercise*Tuesday—*5 minute jog
two 50 yd. dashes
elevation
6 take offs
easy 440
exercise*Wednesday—*10 minute warm up
6 take offs
6 distance
exercise*Thursday—*5 minute jog
two 50 yd. dashes
elevation**Sporting
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6 take offs
easy 440
exercise

Friday—

5 minute jog
two 50 yd. dashes
elevation
6 take offs
exercise

100-220

Monday—

warm up by jog 5 minutes
stretching and bending exercises
5 starts for form
two 50 yd. dashes (time)
float 220 last 30 hard
exercise

Tuesday—

warm up—jog 5 minutes
stretching and bending exercise
practice finish
two 50 yd. dashes (time)
float 300 yds.—last 50 hard
exercise

Wednesday—

warm up—jog 5 minutes
stretching and bending exercise
starts for form—5
rest float 300 yds.
exercise

Thursday—

warm up jog 5 minutes
stretching and bending exercise
5 starts for form
two 50 yd. dashes
rest—float 300 yds.
exercise

Friday—

warm up jog 5 minutes
stretching and bending exercise
5 starts for form
two 50 yd. dashes
rest and exercise

880

Monday—

warm up jog 5 minutes
run 880—even quarters at slow
pace
sprint two 75 yd. dashes
exercise

Tuesday—

warm up jog 5 minutes
run 660 at 880 pace
rest by walking
exercise

Wednesday—

warm up jog 5 minutes
run one-quarter mile easy
two 75 yd. dashes
exercise

Thursday—

warm up 5 minute jog
run 660 at 880 pace
rest by walking
exercise

Friday—

warm up 5 minute jog
run 660 at 880 pace
rest by walking
exercise

Next month I will give some hints
that have proven helpful to me.



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SPLIT MINUTES

(Continued from Page 13)

BILL BAILEY WRITES AGAIN—AS FOLLOWS:

"One might think that September had just rolled around by taking a walk over to the Cadet stadium at the Richmond Academy in Augusta. The football spirit has dominated everything else for the past month or so and the coach of the Richmond cadets, Wendell Sullivan, seems to be taking things easy with his still shivering team. It's been cold, yes, but Coach Sullivan regards basketball a thing of the past this year and is dead in earnest about that football situation.

Richmond plays Lanier High of Macon March 20th in the Academy stadium. Coach Sullivan probably will depend on Edwin Marsh to do a bit of punting as that boy has been getting off nice kicks so far this year.

Lettermen showing up for practice are Jack Culpepper, Howard Willis, Paul Plunket, Joe Murray, Ed Bryant, Rankin, and Edwin Morris.

Up from the "B" varsity are Averett, Hudson, Jackson, J. M. Timmerman, H. C. Lovette, Olin Gordon, Julian Guin, and Davidson.

TRACK

Coach Langston Bolton can proudly say that he has one or even two very dependable track men back for this season's round.

Hal Prouty, discus man, is back for this year's work and if things go as has been, he will do a lot more than just enter.

SPRING FOOTBALL TRAINING

(Continued from Page 6)

the coach a convenient time to experiment with new plays or synchronize some old ones.

Indubitably many a mentor has found his squad redundant with back-field candidates and short of guards. The problem is not so perplexing if spring football enters the scene. In the spring, when the coaches are able to eat on Saturdays, they can spend time trying to convert some backs to guards—or whatever the peculiar problem may be.

Before they make the high jump from the freshman to the varsity, the yearlings welcome a chance of individual instruction. And the coaches are thankful for the opportunity of further tutoring their green but necessary material.

To slightly twist Tennyson: In the spring a young man's fancy turns to fundamentals. . . .

And the minds of mentors to individuals.

Gene Avery is back for the javelin throw and it won't be long now before the track enthusiasts know what's in this strapping track man who also made a fine center on last season's football team. Thirty-three are out for practice.

GIRLS BASKETBALL AT J. C. A.

Even near the end or at the end of the basketball season, plenty might be said in regard to the splendid work of some of the members of the Junior College of Augusta basketball team. It probably was love at first sight when Coach Charlie Royston, understanding and efficient leader of the J. C. A. quintet, found Dot Fulcher, fast working forward of the same outfit. Coach Charlie reports that Dot is consistently putting up an average of 25 points per game. He further said that she was, without a shadow of a doubt, the most valuable player on the team. She came from Harlem, Georgia.

It has been said that if Mildred Milligan would be a little less rough she would make one of the finest players on the team. Mary Stulbb will be remembered by the coach for her fine work also, to say nothing of the teams that she has helped put in the shadow of defeat.

It would be well for senior colleges to take a peek at Miss Fulcher as she is plenty fast on the offense and smart on the defense.

BASKETBALL WITHOUT BACKBOARDS

(Continued from Page 9)

of the game. But it slowed it, too. One game, I should say, isn't enough for final judgment."

And the fans went away convinced they didn't like the game. But they were caught without arguments. The statistics had taken care of that. "I just don't like it," was the consensus.

G. I. A. A. TOURNAMENT

(Continued from Page 11)

Addition of the 1940 crown to their list gave the Lanier team 11 in 19 seasons of play in the G.I.A.A. They won 15 games and lost 6 during the regular season. Only Columbus High held a schoolboy victory over the Poets.

Coach Buck's teams have won nine titles since he took charge in 1926.

The next G.I.A.A. tourney is tentatively set for Augusta. Under the new rotation system of awarding the meet as proposed by Marvin Jones last fall the East Georgia metropolis is in line for the 1941 tourney.

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IMPORTANT FACTORS IN TRACK

(Continued from Page 12)

Build your team around these three or four lads, as specialists in their big events, and keep in touch with your student body to gain the interest of its male element. You'll find boys who can run, and boys who would like to letter in track, in more numerous fashion at times than you would imagine.

Pick up a few Jesse Wards out of this crop—those that have lots of determination—and it's possible to come up with a real crackerjack team every three or four years, if not oftener.

Try to keep the team and its success in the hands of the boys themselves. You will have done a good job, whether winning or losing.

HI COACH!

(Continued from Page 5)

Trailing G. M. A. 7 to 0 with only 1½ minutes left to play in the city championship game, Tech High won out 10 to 7. The victory march started when the Smithies held the Cadets on the one-foot line. Hoot Gibson, an end, went back in the end zone to punt, but passed 12 yards to Marvin (Pug) Boyd, who ran 87 yards to a touchdown. Tech High kicked, and Boyd intercepted a G. M. A. pass on the next play, and without even calling signals on a hurried play, Gibson place kicked a field goal from the 27-yard line with Boyd holding just as the gun fired to win the championship 10 to 7. Both Boyd and Gibson, and also Hoot's younger brother, Billy, made good in later years at Georgia Tech.

Almost every year, under Tolbert's coaching, Tech High has participated in some form of rare achievements, though space will not permit repeating most of them. During the early 30's Tech High played three football games within eight days. The Smithies tied Riverside 0-0 on Friday, beat Riverside 7-6 on Monday and the next Friday lost to Madison Aggies, 12 to 8, with Wallace Butts, now coaching the University of Georgia Bulldogs, piloting the Aggies to state championship play-off game with the victory over Tech High.

So to "Gabe" Tolbert, the strategist, the scrapper, and the sportsman, we say, *Hi Coach!*

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You will find the Dinkler Hotels located conveniently on all principal highways in the South . . . in each you will find a cordial welcome by a cheerful, friendly staff. The rooms are large and well ventilated . . . each with private bath and radio . . . garage connections are convenient and popular prices prevail in dining rooms and coffee shops.

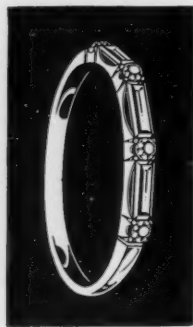
- ★ The ANSLEY in ATLANTA, GA.
- ★ The SAVANNAH in SAVANNAH, GA.
- ★ The ST. CHARLES in NEW ORLEANS, LA.
- ★ The ANDREW JACKSON in NASHVILLE, TENN.
- ★ The JEFFERSON DAVIS in MONTGOMERY, ALA.
- ★ The TUTWILER in BIRMINGHAM, ALA.
- ★ The O. HENRY in GREENSBORO, N.C.

MODERATE
RATES

ILLUSTRATED FOLDERS
SENT UPON REQUEST

DINKLER HOTELS

CARLING DINKLER, President and General Manager
OPERATING 3000 ROOMS IN SOUTHERN HOTELS



Engagement rings priced **\$25 to \$2000**

Wedding rings priced **6.50 to \$350**

TERMS:

*One-fifth cash, balance, ten equal
monthly payments.*

Rings that Engender ... PRIDE OF OWNERSHIP

Priced within the reach of everyone are the beautiful diamonds offered for sale by the store where Confidence can be placed without hesitancy . . . gems of radiant beauty and fascinating loveliness that inspire "Pride of Ownership".

Claude S. Bennett

INC.

DIAMOND MERCHANTS

207 Peachtree

Atlanta

Drink
Coca-Cola
Delicious and
Refreshing

**THE
DRINK
EVERYBODY
KNOWS**

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